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Nation

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Pete Seeger: We shall overcome

by Lyle Stewart

Few musicians combined music and a lifetime of struggle for social justice like Pete Seeger, the legendary American folksinger who died January 27 at the age of 94.

As a union activist, I particularly appreciate his songs that evoke the sacrifice of battling entrenched power to improve people's lives. In "Talking Union," Seeger sang,

Now, boys, you've come to the hardest time
The boss will try to bust your picket line
He'll call out the police, the National Guard
They'll tell you it's a crime to have a union card
They'll raid your meetin', they'll hit you on the head
They'll call every one of you a goddam red

The song may be more than 70 years old, but it is just as relevant today as governments here and around the world increasingly resort to old police-state tactics to repress popular movements. Seeger knew of what he sang.

Subpoenaed by Senator Joseph McCarthy's infamous House Committee on Un-American Activities in 1955, Seeger refused to cave in to a bullying and bigoted interrogation by US Congressmen during his hearing. "I love my country very dearly, and I greatly resent this implication that some of the places that I have sung and some of the people that I have known, and some of my opinions, whether they are religious or philosophical… make me any less of an American," he told the committee as he refused to implicate others much less renounce his work for progressive causes.

As a result, mainstream America blacklisted him until the late 1960s. He paid the price but his example showed how to stand strong in the face of hysterical abuse, how to speak truth to power.

It's the same spirit that led him to support the struggle against the Great Whale hydroelectric project in the early 1990s. He joined 60 Cree and Inuit on the Journey of the Odeyak down the Hudson River all the way to New York City, a turning point in Cree history and self-affirmation. As Matthew Mukash noted, Seeger also performed several benefit concerts to help draw American attention to the environmental and political threat the project posed to Cree and Inuit.

Michael Poslun's book *Voices of the Odeyak* chronicled the epic journey and its symbolic impact in the struggle over Great Whale. Seeger penned the foreword to the book, noting that the US media gave the impression that Americans didn't care about Cree lands if it meant cheaper electricity.

"You would think that American people are not concerned about the land that they are taking from the Indians up in the north of Canada so that they can have cheaper electricity," he wrote. "I think the newspapers are wrong. I think the television doesn't tell us the whole story. I think there are millions of Americans who will say 'No.'

"When they realize that we are taking the homes of people who have lived there for thousands for years, people who took care of the land as they hunted and trapped and fished and who want to keep on living on their land – there are Americans who will say "No. That's not fair to take their land. We may have to spend a little more for our electricity. But we'll find something. We can learn how to use solar power. We can start using wind power." There are a whole lot of things we can do rather than to take away the land that belongs to these people."

Seeger was right. "We shall overcome, some day," he famously sang. We'll walk hand in hand. We shall live in peace. We shall all be free. We are not afraid. We shall overcome, some day.

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Wooing, Cree style

by Sonny Orr

Ahhh, Valentine's Day, a day set aside for love, seduction and hopefully, more love. Today, Valentine's Day is the only civic celebration that doesn't have some sort of religion, authoritative icon, race or political endeavour about it, just plain old lovey-dovey stuff. It is the day of fancy lace, provocative hints, reminders of rekindled relationships or lost ones, a day that just about anyone with a heart can relate to. Making out was the desired outcome from cards and chocolates showered onto your beloved or your crush, but today it's just a day set aside for reminding us that love can still be in the air.

Take, for instance, the old way of looking at Valentine's, when receiving an elaborate heart-shaped card would bring out the misty eyes in your future spouse. Would he or she react strangely or would the message be thrown on top of all the others that your object of obsession tossed into the "in" basket (which could be called a trashcan)? Or would it actually last longer and be magnetically pinned to the fridge door? The suspense! The terror! The letdown… no, wait… she's picking it off the floor… oh no, she missed the garbage can!

Back in the day, I found out that there were several different ways to celebrate Valentine's Day. One was to sneak into the old residential school late at night and raid the pantry for cookies, then sneak up to the girls' dorm on the second floor to offer the cookies to the girls through the window. This actually worked for a few guys. Since the residential school system forbade an awful lot of things, such as friendship or love, this was like the icing on the cookie since cookies were a highly desired item. Chocolate was for the elite because it had to be bought at the store. So anyone seriously intent on hooking up had to work hard just to get the chocolate, much less the girl.

Wooing and singing popular songs of the time were close to sure hits for wooing gals in bobby socks (think of Happy Days and the Fonz). Brylcreem and even lard was used to keep our hair in place. A black leather coat was a sign of wealth and besides, dressing up to impress has always worked. After singling out your future wife, then you had to go and literally chase her for a few miles. In those days, everyone was in tiptop shape, so running a short marathon really helped in showing off your physique before a girl would even let you know you were of any calibre. The next generation, however, didn't have it so easy.

The Happy Days generation soon had their offspring and then their kids had to go through the same thing, except… the wooing seemed to have slowed down and cut straight to the marrying. This seemed to be the way back in the day, when two sets of parents agreed to betroth their daughter to some son and everyone kind of knew that they would be married one day, usually before the 16th birthday. This new generation seemed to have a lot of shotgun marriages which sent a lot of fixed plans into disarray. Oh, the troubled parents over their disturbed teenagers! Thank St. Valentine for making a day just to set some hearts straight!

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A day of protest and teaching

Mohawks denounce First Nations Education Act as Idle No More holds Montreal teach-in

by Jesse Staniforth

Montreal Idle No More organizer Melissa Mollen-Dupuis didn't have high hopes for a big turnout to the Kahnawake demonstration against the Harper government's First Nations Education Act (FNEA) on the morning of January 28.

"It was so cold," she said afterward. "It was -32 with the wind, and I thought, 'We're gonna die, but we have to go there! It's important.' I figured if we were 50 people, I'd be proud."

Mollen-Dupuis got to be much prouder than she hoped when she counted a total of 750 protestors who joined a march that began at the Mohawk Bingo on Route 138.

"I was flabbergasted," she said. "Nothing scares Mohawks. There were 500 people on the road and 250 in school buses following us, along with trucks."

It was the beginning of a full day of protests against the FNEA, a controversial bill that has been opposed by groups ranging from Idle No More organizers and grassroots bodies all the way to the Assembly of First Nations. Following the walk, hundreds of protestors returned to the Super Bingo for hot chocolate and coffee and then a morning teach-in with speakers discussing the effects the bill would have specifically on Mohawk Nations.

"The teach-ins are really a great way of educating ourselves when this type of education is not being offered in traditional schools," Mollen-Dupuis said. "You're being offered a way to exchange with people and see all the options, and do it verbally, which is our way. So I invite people to create teach-ins or to participate in them."

Later in the day, Mollen-Dupuis, along with Idle No More's Widia

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Larivière and representatives from Quebec Native Women (QNW), helped organize a second teach-in at the Université de Québec à Montréal. Kahnawake teacher Alex McComber and QNW president Viviane Michel also addressed the event.

"The FNEA is a continuation of the colonization process that was started in the 1800s," said Mollen-Dupuis afterward. "It's just not in the format of residential schools: it's worse, it comes into the community. They don't come and get the children with policemen and churches – they come right into our own schools."

Many activists criticize FNEA for not increasing resources in a system that is chronically underfunded. Instead, the legislation says it will address funding issues only after it has been passed into law. The FNEA will instead impose federally determined and enforced standards at all on-reserve schools. Under the law, the federal government would have the right to override band organizations and take over schools and boards if federal inspectors determine there are "problems." (The act would not apply in Eeyou Istchee.)

The unilateral power grab is triggering enormous outrage among chiefs and Native educators, many of whom say the legislation assumes Aboriginal communities are incapable of educating their own children. It also insinuates that any failure of on-reserve schools is the fault of parents and community members, rather than the result of more systemic causes – such as underfunding or federal mismanagement.

While pressure grows to create a nation-to-nation negotiation model between First Nations and the Canadian government, said Mollen-Dupuis, this act presents the opposite: a top-down change to Aboriginal education imposed by the Ministry of Aboriginal Affairs.

"This is not speaking nation-to-nation – the consultation has been minimal. If you accept it, you get funding, and if you don't, your funding is cut," she said.

The protests came less than a week after the Specific Claims branch of the Ministry of Aboriginal Affairs and Northern Development was found by a tribunal to be "paternalistic, self-serving, arbitrary and disrespectful" in its dealings with First Nations over land claims.

Mollen-Dupuis said that every attempt to negotiate Aboriginal issues with the Harper government has been demoralizing.

"We still have to take whatever they give us. It not only undermines our self-determination, but also the pride we have," she said. "We always have to beg to be heard. We shouldn't always have to go into this process of having to fight for something that isn't even up to par with non-Aboriginal Canada. They give us the crumbs, and we shouldn't just get excited if they give us bigger crumbs."

Above all, Mollen-Dupuis said, it's important to recognize that the government is being dishonest in framing the FNEA as a measure to help improve life for First Nations people.

"Alex McComber said it best. He said that if they wanted to make our lives better, it would already have been done," she explained. "Everything [we need] is there already to make First Nations' lives better. So why is our education and health-care underfunded? [These federal government initiatives aren't] there to help us – they're designed to help their economy."

"We're the manpower, the people who are going to work on the trucks and in the mines," she said. "They can't ignore the youngest population. You've seen it with the tar-sands – the people driving the trucks are often First Nations people. We have no other options: nothing else has been offered or permitted to go on in our economy, except extraction. So people are being offered big jobs with big money, and they take it, even if it's against their traditional values."

It was a bizarre experience, she said, to be visiting the tar-sands this summer with other Idle No More protestors and see drivers of the enormous trucks waving and honking their support.

"We were protesting against their livelihood! But if I was somebody from First Nations in this territory and I had three kids and no other options, maybe I'd be in that truck too, instead of walking down the road with the people protesting."

Cree Nation of Eeyou Istchee

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MoCreebec's oldest member passes

John D. Visitor, a well-known and beloved member of the Moose Factory community, passed away peacefully in his sleep on January 5. He was 102 years old, making him one of the eldest Elders across the James Bay communities at the time of his death.

As the first boat-taxi operator in the community, Visitor set an example of hard work and left behind a vast wealth of knowledge for future generations and those who knew him. He was also one of the 51 founding members to formally commit to MoCreebec and the ratification of its constitutional framework in 1993.

The MoCreebec council regarded Visitor as the community's lead Elder. In a statement, the Council stated that they would continue to acknowledge his support and contributions by preserving and incorporating his ideologies and principles into their work and philosophies

photo by Terry Chakasim

John D. Visitor and daughter Juliet Rickard

Northern economic groups join forces

Two of the North's most prominent business and cultural associations announced a new partnership on January 31. Representatives from the Makivik Corporation and the Secretariat to the Cree Nation Abitibi-Témiscamingue Economic Alliance (SAENCAT) signed a new collaboration agreement in Ottawa at the 2014 Northern Lights business and culture showcase.

Makivik represents the economic and cultural interests of the Nunavik Inuit in a similar fashion to the way that SAENCAT represents the Cree Nation. The group has a long history of collaboration with the Secretariat which has included various events, activities and accomplishments.

"I have many good friends in Nunavik and we look forward in working more closely in a responsible and sustainable northern development for common benefit," said Secretariat president Ted Moses.

Both groups are billing the alliance as one that builds on the long-standing relationship between parties and one that is based on mutual respect and cooperation. Leaders from both organizations expect that this alliance will facilitate the exploration of new and ongoing opportunities in the North, many of which are often of mutual strategic interest for the Cree and Inuit people.

Celebrating Love

The Nation's 2014 guide to romantic escapes

by Amy German

Bar Bistro L'Entracte

Whether it's about finding somewhere intimate for some romantic alone time with your partner, wining and dining, carefree shopping or just a quiet hour away from the hustle and bustle of life in a big family, a getaway to celebrate your heart's passion is on the minds of many come St. Valentine's Day. The big question is just how should you show your love?

While not everyone can afford to fly somewhere exotic for a beach holiday, there's an expectation come Valentine's Day that there will be some kind of observance of this salute to love.

And, what better way to do that than to book something fabulous that will be your celebration of love, be it for February 14 or a subsequent weekend in the not-so-distant future.

While some might want to opt for something scintillating and sensual that's all about celebrating a love, old or new, others may go the route of planning something for the whole family, with the hopes that there will be some special time for the parents while the kids are otherwise occupied.

Whatever the case, if you're looking for somewhere fabulous to escape to by car, either with the family in tow or just the two of you, read on as we have scoured the area and have some spectacular suggestions for those who want to express their adoration outside of the usual love lair.

Restaurant Windsor

Cedar Meadows Resort & Spa

Staying North

While the north may not have Montreal's big-city sophistication, there are gems to be found for those looking to take a little romantic break, and there is something to be said for those living in colder weather knowing a bit more about staying warm and cozy.

If you are thinking about taking your love to Ontario, there are various sweet spots that make the perfect setting for a getaway.

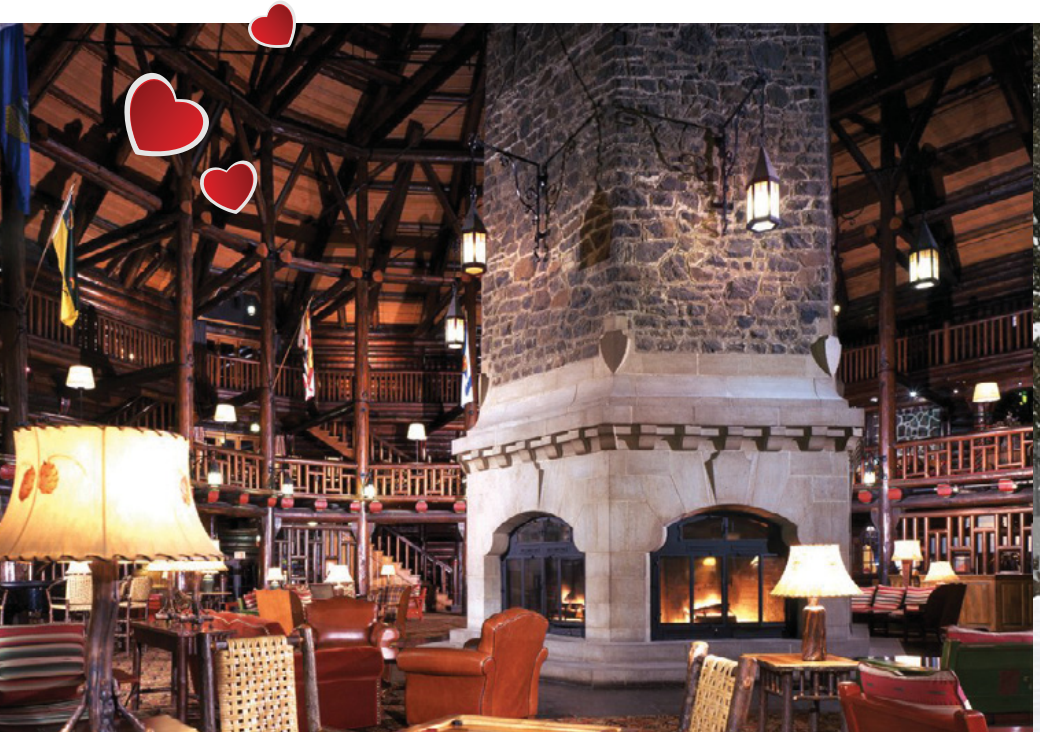
If shopping is a priority on your agenda and Timmins is on your list of possibilities, the Cedar Meadows Resort & Spa might be the perfect place to book an enticing adult getaway as it offers various packages designed for intimacy, fun and relaxation.

For the couple who can't get enough ski-dooing, this resort actually features a fabulous and well-priced "Couples Snowmobiling Package" that combines the region's breathtaking winter beauty with the exotic pampering of Nordic baths after your day on the trail. A perfect day-into-night of splendour for the outdoorsy duo (only $190 per couple), this adventure may be your ticket on the love train.

If you are more inclined towards indoor pampering, Cedar Meadows offers a variety of spa packages to beautify your insides and outsides as well as some absolutely divine "Love and Romance" packages that will knock all socks off with rooms that feature Jacuzzis, fireplaces and other fabulous goodies.

www.cedarmeadows.com

If you find yourself in the North Bay region and are looking for a spot for cozy couple time somewhere picturesque and with a country flare, the Terrace Suites overlooking Calendar Bay have some wonderful



The Chateau Montebello

packages that are perfect for a sweet escape.

This northern Ontario hotel features packages for ice fishing, for couples' massages, Jacuzzi suites and romance.

Upon request, a room can be prepped with decorative rose petals, candles, bubble bath and bath salts, a bottle of bubbly on ice, and a delicious box of chocolates, all to set the stage for love.

www.terracesuites.com

Val d'Or

If Val d'Or is your destination, for a romantic getaway or business/family obligation with the hope of getting some couple time on the side, there is a variety of accommodations, intimate eateries, hot spots and romantic activities, suited to the needs of just about anyone.

For their stay in "Sin City", many Crees automatically opt for the partially Cree-owned Quality Inn & Suites, to take advantage of some of Val d'Or's newest suites.

Featuring cozy meets-ultramodern comfort, these conveniently designed rooms are both practical for a business stay and romantic horizontal relaxation on their oh-so-sweet pillow-top mattresses. If you're looking to book a stay for Valentine's Day, the hotel will happily throw in a red rose on the bed to set the tone for some couple cuddle-time.

www.qualityinnvaldor.com

If you're looking for an all-in romantic package for a lovers' retreat, just across the street at Hotel l'Escale Suite the perfect escape awaits those who want to wine and dine prior to a night in an exotic luxury suite.

Featuring deluxe accommodations, drinks at the bar, a five-course dinner, breakfast at the hotel's restaurant or in your suite, this $275 package could be a cruise to Intimacy Island for you and your loved one.

www.lescale.qc.ca/en/packages

On the other side of town, Hotel Forestel has plush, newly renovated rooms that could just be the perfect setting for your loving escape. With ultramodern suites that are ideal for

Mont Tremblant

Hotel Forestel bistro

lounging and love (or business), this hotel features an in-house restaurant and bar for those just looking to kick back and relax.

www.forestel.ca

If you're looking to unwind in style while in Val d'Or, why not book yourself and your love in for a day of pampering at Spa Urbain l'Escale. Featuring a wide variety of services that will make you feel so spoiled, this is the top place in town for saunas, massages, facials, body wraps and getting your nails done.

www.spaurbainescale.com/

If you're more of an outdoorsy couple, looking to hold hands in the sunshine on a moderate winter day, Val d'Or has a great selection of skating rinks – indoor and out – for your active date.

tourismevaldor.com

For a spectacular lunch and high-end coffees to share sweet nothings with your sweetheart while warming up after your skating fun, the Balthazar Café is the perfect spot. Located in the heart of Val d'Or, this trendy bistro has the best coffee, baked goods, sandwiches and pastries.

www.lecanape.ca

Come evening time, if you want to spice it up with an extravagant night out with a sophisticated meal followed by live music and top-shelf drinks, Bar Bistro l'Entracte has all of the refinement of a Montreal nightspot.

www.barbistrolentracte.com

Saguenay

If you are heading to the picturesque Saguenay region, Hotel Chicoutimi offers a four-star experience, romantic packages and touristic activities that are perfect for a lovers' retreat.

A night of love and luxury at this fine establishment can include: a very sweet suite, dinner (table d'hôte) delivered to the room or at the restaurant as well as an à la carte breakfast, chocolate fondue and sparkling wine in the room.

www.hotelchicoutimi.qc.ca

Love in the Laurentians

The Laurentian Mountains have served as a backdrop to some renowned romances. A little known

fact is that the young John F Kennedy met future wife Jacqueline Bouvier on the slopes of Mont-Tremblant.

If you are looking to abscond away with your love, the Laurentians can make for a Harlequin-like setting to write your own fairy tale of lovers' escape.

If you want to celebrate your love in a world-class ski resort that features everything from five-star dining to casino excitement to incredible shows, parties, and a bevy of outdoor activities, Mont Tremblant is the resort town to end all resort towns.

Featuring some recently renovated rooms that are bound to just dazzle your love ones, the Fairmount Tremblant offers a great "Romantic Escape Package" that you won't want to escape from.

Designed to "set the mood for l'amour," this package features a gorgeous room with a beautiful view and includes: a bottle of a sparkling wine served with strawberries in a white-and-dark chocolate tuxedo freshly decorated by the hotel's pastry chef as well as a 50-minute duo-massage treatment at Amerispa. While this offer may run for $559 per night based on double occupancy (and it's not open to those with kids), it is guaranteed to wow. This hotel also features fine dining, year-round outdoor hot tubs and numerous packages to enjoy the ski and spa features of the hotel.

www.fairmont.com/tremblant

For something cozier and more casual, the Hotel Mont Gabriel in St-Adele sets the stage for something sexy.

Featuring rooms with classical logwood construction including that can come with a natural-stone fireplace, this hotel/spa is ideal for lovers who love to hit the slopes as well as wine and dine.

The hotel has a special Valentines package that features a "romantic gift," champagne, a special five-course Valentines Day dinner, a full American breakfast, and a Relaxia spa treatment. The hotel features all kinds of packages for those who want to enjoy the splendour of ski resorts in the Laurentians, fine dining at the hotel, pampering at the spa and nightlife in Saint-Sauveur.

www.montgabriel.com

If you want to stay close to Montreal and still enjoy a whirlwind winter wonderland of romance and relaxation, le Manoir

Hotel Wendake, Restaurant-bar

Saint-Sauveur offers great getaway packages for fun, romance, skiing or spa relaxation.

This hotel's romantic package includes the standard lush room, fine dining at their in-house l'Ambiance restaurant, a couple's massage at Le Spa du Manoir and access to the spas, pools, sauna, steam bath, relaxation area and gym.

This getaway is perfect for those seeking to get their heart pumping on the slopes (there are several ski hills in the vicinity), cross-country ski, enjoy a horse-drawn sleigh ride, dine out in one of Sauveur's many incredible restaurants or party it up in one of the town's many bars or nightclubs.

www.manoir-saint-sauveur.com

Montebello's magnificence

One of Quebec's finest country chateaus, the Chateau Montebello (now a Fairmount Hotel) is a world class CAA/AAA Four Diamond Award destination that celebrates luxury and loveliness in a picturesque setting.

Since being opened to the public in 1970, the Chateau has played host to a variety of celebrities, royalty, prime ministers and world leaders.

An incredible setting for a retreat, the red-cedar-log Chateau has an otherworldly ambiance to it with its dramatic high ceilings, rustic motif and alluring central fireplace.

The hotel's rustic theme does not take away from its capacity for sophistication when it comes to self-spoiling, fine dining and activities as this premier resort has endless means for indulgence for everything from your head to your toes. At that, its spa made it onto Spa Awards top-50 list in Canada.

The resort features over 40 different varieties of activities including curling, tube sliding, snowmobiling, skating, ice fishing, dog sledding, snowshoeing, skeet shooting, cross-country skiing and indoor tennis; there are limitless possibilities for adventurers and romantics alike.

Romantic packages at this resort are designed to include a one-or-two night stay that feature a 60-minute romantic massage for two at their brand-new spa, incredible table d'hôte dining at the

hotel's Aux Chantignoles Restaurant, breakfast either in your room or at the buffet as well as fancy perks such as chocolate-covered strawberries in your room.

If you want to stretch your legs, the town of Montebello is known for its top-notch French chefs, galleries, museums and historical tours.

www.fairmont.com/montebello

Quebec City's hidden gems

The old-world glamour of Quebec City serves up sights, sounds and exquisite tastes in a historical setting. The Hôtel Château Laurier has a high-end package that will make you feel like a star.

Featuring a deluxe room (with a gas fireplace and a roomy bathroom) and a spectacular view of the Plains of Abraham, fine dining at nearby restaurant Le Patriarche, breakfast for two at Louis Hébert restaurant (a classic on the Grande-Allée) and all sorts of other little extras, this four-star hotel has every detail of your whirlwind romance planned out for you.

The hotel features a luxurious spa and museum deals if you want to enjoy some culture while on their getaway.

hotelchateaulaurier.com

Just 10 minutes outside of Quebec City on the Wendake Huron reserve is a whole other cultural and gastronomic experience like no other in North America at the First Nations-run Hotel.

The hotel itself is an architectural masterpiece that marries a sleek, high-tech design to rustic elements that bring the outdoors inside – a marvel of glass, wood, skins, fire and light.

For those who enjoy fine dining, the hotel's Restaurant La Traite (one of Quebec's only Aboriginal-inspired fine dining restos) has a scintillating menu of delicious delights and aphrodisiacs prepared to stimulate all your senses as a special for Valentine's Day weekend. Featuring home-smoked fish and game, local organic produce and traditional culinary inspirations that would make any Gookum proud, this menu offers a red stag steak that will have you in love with it.

If you want a spectacular romantic weekend, this phenomenal hotel experience has a whole series of packages designed to appeal to couples of all walks of life, for those planning on spending lots of time in their rooms or out seeking indulgence elsewhere.

If you're after some soul rejuvenation, the hotel offers packages that

Anneau de glace

include treatments at the Centre Nation-Santé Spa, Quebec's only Aboriginal spa. Drawing from the beauty and healing properties of the earth, this spa offers everything from massotherapy to balneotherapy to chromotherapy, care for the body, Nordic spas, a yurt and waterfalls.

For the active couple, this hotel features a unique Snowmobile Romance Package, designed for action indoors and out.

Featuring all sorts of packages for families and larger groups, this is a wonderful spot to sneak off to as a couple or sneak off from your family while they are otherwise occupied.

tourismewendake.ca

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When it comes to romance, sophistication, luxury, excellence in service and style and just all out stepping into a wondrous world of fulfilling your every whim, there ain't no other city in the world like Montreal, especially for those looking for a five-star experience to wow your love.

While there are endless old-world hotels that have had decades to refine their hospitality experience, there are some exceptional newcomers to the scene that offer some of the most exclusive spots in the whole city.

Located at the base of Mount Royal in downtown Montreal, the Sofitel Montreal Golden Mile boasts a "masterful blend of minimalist design and warm sophistication" that is embellished with Victorian accents from the estate of North American railroad pioneer William Cornelius Van Horne.

One of Montreal's newer hotels, this hot spot has 241 rooms and 17 exclusive suites all featuring the "SoBed", Sofitel's luxurious feather-top and duvet sleep system.

Whether you are looking for a sexy lovers' weekend or a sweet second honeymoon, the Sofitel offers a special romantic package that features all of the usual trimmings like champagne and chocolates, fine dining, in-room breakfast and other extras but also a late (4 pm) check-out as you seriously won't want to leave that bed.

www.sofitel.com

With its modern decadence, Montreal's W Hotel is the trendiest of the trendy and sleekest of the sleek.

Featuring super-chic designer rooms and a wide choice of palate-pleasing choices in their restaurants and lounges (Wunderbar, W Bartini, Ristorante Otto and the Plateau Lounge), this hotel offers some of

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A new video at **www.hydloandfriends.com**

Matthew Iserhoff, tallyman

George Neeposh, tallyman

One of the elements studied in the environmental follow-up on lake trout spawning grounds is the presence of eggs. Tallymen Matthew Iserhoff and George Neeposh present their role in this follow-up as well as the importance of late trout for their community.

To watch the video, visit
www.hydloandfriends.com

Each month, a new video will be added to Hydloandfriends.com. To learn more, listen to the Hydlo and Friends radio show on JBCCS. Its hosts, Luke MacLeod and Luc Duquette, discuss the environmental follow-up activities related to the Eastmain-1-A/Sarcelle/Rupert project, as well as the concerns of land users with regard to Hydro-Québec's facilities and activities.

Next show:
Wednesday, February 12,
at 8:00 a.m.

the most exclusive experiences in the city.

A jet-setter's favourite, the W offers gym and spa services as well as its trademarked Whatever/Whenever service that makes your wish their command – literally. This establishment is known for making the unimaginable happen for its patrons when need be (like a birthday party at 35,000 feet, a wedding dress pick-up by helicopter, and a bathtub of hot chocolate).

www.wmontrealhotel.com

No one does Old World charm like the Hotel St-James.

Featuring rooms and services luxurious enough to please the likes of the Rolling Stones, Madonna and U2, you too can feel like you are on top of the world in this elegant escape. The romantic package at this exclusive, five-star hotel features cocktails at XO Le Restaurant, a comforting 60-minute Swedish massage for two and a late (2 pm) check-out for those who want to luxuriate a bit longer.

It's hard not to stay longer as this exclusive hotel is all about stunningly gorgeous suites that feature antiques and treasures from around the world, fine goose-down duvets and Frette linens from Italy, marble bathrooms and other top-of-the-line amenities.

www.hotellestjames.com

For sexy and stylish rooms that meld modern comfort with classic design, the Germain Hotel in Old Montreal offers its own world of style and serenity.

Renovated in 2009, the hotel features refined details and outstanding amenities that include technology in every room (flat-screen TVs, computer connectivity panels and iPod / MP3 docking stations) and other finer details such as goose-down duvets and feather pillows, soothing light and exclusive interior design.

Restaurant Le Canon

Offering a selection of packages for romance, bonuses at this eat-your-heart-out five-star getaway also include: champagne, bed of rose petals and the flickering light from six candles set up for an unbeatable ambiance, and real champagne. At that, this hotel can bundle your getaway package with some incredible local spas (Bota Bota or Le Skandinave) depending on what kind of experience you want as well as offer exclusive fine-dining packages.

www.germainmontreal.com

Spa Eastman

Nestled away in the beauty of the Eastern Townships, the Eastman Spa is a destination spa that is all about wellness, pampering and finding your Zen all over again.

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Guests benefit from three healthy gourmet meals per day that are designed to optimize health while getting spa-healthy. Special from February 10-14, guests can enjoy Chef Kevin Bélisle's six-course Valentine's Day menu, a journey of gourmet flavours that will delight the palate. Wine and meal pairing is also available for this experience.

www.spa-eastman.com

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photo: Gaston Cooper

Inauguration celebration

Local heavyweights weigh in on the new government

by Amy German

It was a coming together of the political forces that once stood opposed over Category III lands. Representatives of the Quebec government, the Cree and the neighbouring Jamésiens gathered in Waskaganish January 22 to formally celebrate a new government comprised of all three parties as was laid out in the 2012 Agreement on Governance in the Eeyou Istchee James Bay Cree Territory.

The ceremony to inaugurate the agreement introduced a new flag to represent all parties in a display of solidarity. To gather their impressions of the historic event, the Nation (TN) spoke with Grand Chief Matthew Coon Come (MCC), Cree-Quebec Relations Negotiator Abel Bosum (AB) and local NDP MP Romeo Saganash.

Matthew Coon Come

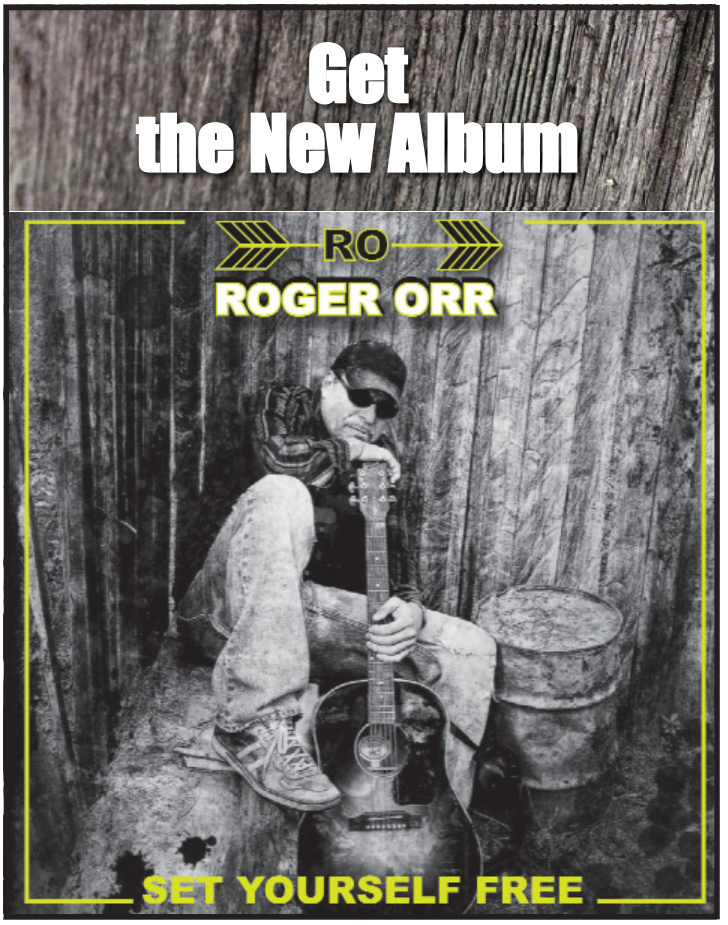
TN: You have put a lot of blood, sweat and tears into this governance deal, how does it feel for you to see the inauguration?

MCC: Well, there may have been a lot of sweat and maybe a few tears, but fortunately, there was no blood spilled to get to the inauguration day. The inauguration ceremony for the Eeyou Istchee James Bay Regional Government that was held in Waskaganish was really a very special event. As you know, when I first returned to the office of Grand Chief in 2009, one of my first objectives was to abolish MBJ and to put the governance of the territory on a new path of inclusion and to end the era of exclusion that the Cree Nation, the Cree communities and the Cree people had experienced up to that point.

I had several meetings with the then-Premier Jean Charest to start negotiations on a new governance regime for the territory. We put together a good negotiating team led by Abel Bosum and Bill Namagoose, we consulted with the communities, we had regular briefings of the Council/Board, and it took us about two-and-a-half years to finalize our Governance Agreement which enhances our governance powers on Category II lands and gives us a mechanism to plan and manage what happens on Category III lands together with our Jamésien neighbours in the region. I was very glad that we were able to develop consensus on the Cree side that this would be a good thing, so I was very happy on that day.

TN: What were your sentiments going into the inauguration and what did you tell the people on behalf of the Cree?

MCC: The event in Waskaganish genuinely felt like an historic occasion. Chief Gordon Blackned reminded us of the historic nature of Waskaganish in relation to the fur trade, in relation to the JBNQA and in relation to the Paix des Braves. He told us how appropriate it was that this historic event also was taking place in Waskaganish. As he was giving his welcoming remarks I was reminded that it wasn't all that long ago that we all gathered together in Waskaganish to attend the funeral of the late Billy Diamond. And that was, of course, a tremendously sad occasion when the entire Cree Nation mourned Billy's passing. It felt somehow that it was right that we had this inauguration ceremony in Waskaganish where we were watching the birth of something



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RECENT COMMENTS

very special and something that Billy would probably have agreed with.

It felt like these two important events in the history of the Cree Nation, one sad and one joyful, were in some way balancing each other out. I think Billy would have enjoyed seeing this inauguration because it was the fulfillment of the vision of the JBNQA. It was the fulfillment of a vision for the Crees to have the tools to govern and develop the territory in partnership with Quebec. This is one of the things I told the people in attendance at the inauguration ceremony.

I also said that we Crees have had to fight very often to ensure that our rights were respected and recognized. We needed often to show that we had courage. I said that we have learned over the last 40 years that, at a certain point in our evolution, courage must also be about choosing reconciliation, harmony and compassion. For all of us in the region, it takes courage to move beyond old patterns, old attitudes and old ways of thinking. That's really what the new Regional Government is all about.

TN: Explain who is participating in this government from each side and what their roles are.

MCC: The Regional Government is comprised of a council containing equal representation from the Cree communities and the Jamésien municipalities. The way it works is that there is a total of 44 votes, equally divided, and 22 seats equally divided. On the Jamésien side, it is up to them to decide how many of their 22 votes will go to each municipality. On the Cree side there will be one vote for every community and the Grand Chief and the Deputy Grand Chief will represent the Cree Nation Government.

The Regional Government will take over all the previous powers held by the old MBJ and will be making decisions related to the development of land-use plans, and developing a strategic vision for the economic, environmental and cultural development of the region. There are also several more specific areas where the Regional Government will be involved including regional economic development, the management of waterways, the management of parks, regional waste disposal, and a few other areas as well.

photo: Gaston Cooper

Matthew Coon Come with the new flag

TN: What is on the agenda for this group and how will that impact the people of Eeyou Istchee?

MCC: At the beginning we may very well have a number of administrative issues to deal with so that the Regional Government is properly set up. We will, for example, need to review all the by-laws of the old MBJ to see which ones can be useful and which ones need to be discarded. We will be continuing to orient the staff of the Regional Government so that they understand the vision behind it.

TN: What can you tell me about the flag? Who designed it and what does it signify?

MCC: The logo for the Eeyou Istchee James Bay Regional Government was designed by two artists from the region. One of them, Stephanie Thompson, attended the inauguration ceremony. The idea behind the logo is that there are three major symbols and they represent people, the animals and the land. It is intended to represent the major features of the human and environmental landscape of the region.

TN: What comes now?

MCC: Now comes the hard work of governing. We will need to get used to working with people who we had serious differences with in the past, we will need to deal with new planning mechanisms and we will need to learn to work collaboratively with our neighbours. We will need to learn to use the tools of managing the territory. I hope we will dispel the myth that Aboriginal peoples and non-Aboriginal people living in the same territory have interests that are forever irreconcilable. We have work to do on our side, and the Jamésiens have work to do on their side to overcome a history of mutual distrust. The

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new Regional Government represents a great opportunity for the Cree Nation to take its rightful place in the governance of the territory in a spirit of peaceful co-existence with our neighbours.

Abel Bosum

TN: How do you think this new regional government will shape Eeyou Istchee for years to come?

AB: I am very optimistic about how Eeyou Istchee will be affected by our participation in the new Regional Government. For the first time, we will have a clear voice in the way in which important decisions are made on issues having to do with the planning and management of the territory. For the first time, we will sit as equals with other peoples in the region and we will have an ability to influence the outcome of major decisions impacting on our traditional territory. As we become more familiar with the administrative tools by which genuine control is exercised, our role in the decision-making in our territory will only increase. I think that the Cree Nation future is a bright one, especially if we rise to the challenge and develop our people so that we can truly take hold of our future.

TN: How is the regional group working together so far?

AB: So far, we have had an excellent working relationship with everyone. We are particularly pleased to have Mayor Manon Cyr as the first Chair of the Regional Government. We had many exchanges with her during the course of the negotiations of the Governance Agreement and since then, and we find that she has a positive perspective on what we are trying to do and she is very open-minded. I think she really shares our vision of what the Regional Government can become. It will, of course, take a while for us to get to know each other at the working level, but I am confident that will happen over the coming months.

TN: What is on the agenda for them to tackle in 2014?

AB: We will need to clarify which issues will be addressed by the Regional Government and which issues are Cree-Quebec issues or Jamésien-Quebec issues. Not everything that we do on Category III lands is necessarily the topic of discussions at the Regional Government, and not all of our rights in Category III lands are covered by the range of powers and jurisdictions of the Regional Government.

Then we will be able to tackle the hard issues of planning processes and the management of various development sectors described in the Governance Agreement. We will, initially, be looking to see what projects we could collaborate on which are of mutual interest and would be good for the region as a whole.

The priority now needs to be on orienting our youth to take advantage of the opportunities, to really become involved in the governance and in the economic development of Eeyou Istchee. We need to inspire them to contribute to the Cree Nation vision of becoming the masters of our own destiny. All of our major Cree entities need to be involved; all of our communities and even our families need to be engaged in making sure that our youth are encouraged to take on the challenge of governance of the territory. Over the course of the winter and spring we will be in all the communities and we look forward to talking to people about this important issue.

Romeo Saganash

The following is a statement on the inauguration from Saganash:

I've noticed, over the years, how people and politicians tend to abusively use the term "historic". But in this case,

Romeo Saganash

it finds its honourable application and meaning. How often will we see, on this planet, two peoples deciding to join forces, for a common future and destiny?

Oh, challenges we can foresee! How we relate to the land, the territory, its resources respectively, for instance, is significantly different, to put it mildly. And that's normal because we know that the Cree people have thousands of years of history, presence and relations with Eeyou Istchee, while it is clearly not the case of the Jamésiens. I was the Deputy Grand Chief of the Grand Council of the Cree when the National Assembly of Quebec celebrated "30 years of presence in Northern Quebec" back in 1993. So, in a way, this informs the way each people views development, the environment, climate change, and ultimately, the future of the North.

But then again, we all have a common responsibility towards these issues that have become global challenges everywhere. Facing them together may just be the answer, and that's what the new Regional Government is all about, I think.

Annie Cheechoo

CREECO Board of Directors:
1st row:
Emily Whiskeychan,
Brenda Bull,
Darlene Cheechoo,
Annie Cheechoo,
2nd row:
Raymond Blackned,
Matthew Rabbitskin,
Jack R. Blacksmith,
Thomas Jolly Sr.,
Absent: Randy Bosum

Church in Mistissini

Board of Compensation & Creeco Inc.

Meet Annie Cheechoo, Board Member of the Board of Compensation and Board of Director on CREECO.

I began learning about business in 1985. I took college courses in Timmins, Ontario and got my diploma in Business Administration. From there I gained work experience including positions within the finance sector. Most notably, I was the office manager for the Mushkegowuk Council in Moose Factory and spent summer months working for Moosonee Transport, a barge service for the James Bay coastal communities. In 1988 I moved to the community of Mistissini and have been residing there since. Returning to my community after being absent for many years was the best thing I did for myself. I've seen Mistissini's growth and development and am very proud of it.

I have been working for the Cree Nation of Mistissini since July of 1988. My first position was in the finance department of Mistco, a development corporation, then I became acting Director of Finance for the Cree Nation of Mistissini before taking my current position as Treasurer.

I was in Montreal from 1993 to 1995 while my children and I attended school. They went to elementary school and the oldest graduated from La Salle High School. I attended evening classes at McGill University. I was taking Management courses but didn't complete the program since I decided to return to Mistissini as Director of Finance for the Band. In 2006, I earned a Certificate in Business Administration at UQAT. While I was working I also obtained a Cree Literacy Certificate from McGill University offered through the local school. Both programs were intensive and took up most of my weekends, but I was committed to both my job and furthering my education.

Apart from my work experience, I have been involved in several committees, both local and regional. I was a board member of the Mistassini Caisse Populaire Desjardins and was on the Voyageur Memorial school committee. After more than 10 years, I am still the volunteer bookkeeper for St John the Evangelist Church. I attend meetings with Chief and Council, and am a resource person for the local executive committee and for local Community Economic Development. At the regional level, I have been a part of the Board of Compensation/CREECO for many years.

In 1991 I was elected as a BOC Board member and remained until 1994. I was re-elected in 1999 and subsequently re-elected at each regular election and am still on the Board to-date. In serving my term, I have seen many businesses develop. The most successful one is Air Creebec. When I first came in on the Board of Directors, Air Creebec was on the verge of folding and it was with much planning and good management that the company made a huge turnaround. Much gratitude and tribute goes to the leaders of the BOC/ Creeco: the Late Billy and Albert Diamond, and the Late Dave Bertrand. There are other businesses that are doing well including Quality Inn and Suites, Gestion ADC Inc., and Valpiro Inc. Thus I am also very proud to have been on the board for many years.

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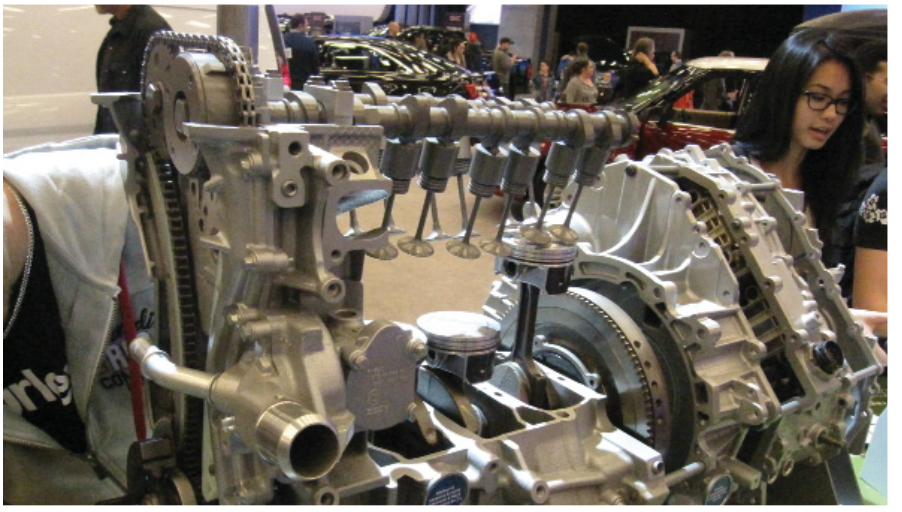

Vroom vroom

Auto show is a great mid-winter pick-me-up

Story and photos by Iulian Boz

Auto shows are a very convenient way to shop for a car, and the 46th edition of The Montreal Auto Show at the Palais des Congrès January 17-26 was no exception.

If you are looking for a family car, Kia Soul was named the best in this category for 2014 by the Automobile Journalist Association of Canada (AJAC). Its new GDI direct injection system provides for better fuel economy. The 2014 Soul has a new engine this year. It is a 2.0 L that delivers up to 164 horsepower and is available with both manual and automatic transmission. Its new media entertainment system, which offers compatibility with iPhone and iPad, is remarkable for a car of that price range.

The North American manufacturer Chevrolet introduced its first diesel car intended for the general public, the Cruze. Its 2.0 L turbo diesel engine is aimed at the increasing number of diesel enthusiasts in North America. The Cruze has been Chevrolet's best-seller internationally and they are hoping to gain more market share with this new engine offering.

Among the pickups, the Chevrolet Silverado drew my attention. The Silverado's main advantage is that, due to the new differential ratio, it will pull the same haul charge, while consuming two to three litres less per 100 kilometres. Also, the finishing and the details are quite impressive with added comfort, leather interior, faux-wood and the possibility of having a full back door with the 6.6 ft. box.

An exclusivity of the Montreal auto show was the appearance of the Felino: a performance car, built in Quebec and sold disassembled. The

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owner is to assemble it alone in as little as 250 hours, which is much less than the majority of kit cars on the market. The inside finishing will let to be desired, but you could have a performance car for as little as $30,000.

This year I also had the chance to test-drive an electric car. I drove the Mitubishi i-MiEV and the experience was better than I had expected. The acceleration was surprisingly decent, so I did some additional research and discovered that Mitsubishi claims that the electric version of the i-MiEV accelerates faster than its gasoline brother. It can go as fast as 132 km/h and delivers around 130-140 km on a full charge, according to CAA Quebec testers. I was also curious about their performance in Canadian winters and was told that it might lose about 10 km on a full charge at -25^{0}C.

This year's auto show was, in my opinion, generally more entertaining than the previous year. Almost every exhibitor had contests, where, in exchange for your basic information, you get a chance to win prizes, even as big as an automobile, in the case of Audi and Nissan. Also, Volkswagen's Performance Zone was back, after being replaced by the vintage car exhibition last year. It exhibited over 40 modified vehicles in a very entertaining environment, including music, light effects and models who were happy to pose for anyone pointing a camera at them.

Desjardins Insurance was promoting their Ajusto program, by offering a video simulation of safe driving habits, which allows for up to 25% in insurance savings. The Ajusto device is installed in the vehicle and monitors acceleration and breaking habits, as well as the time of the day you are driving for the purpose of providing more savings on your insurance bill.

I WAS ALSO CURIOUS ABOUT THEIR PERFORMANCE IN CANADIAN WINTERS AND WAS TOLD THAT IT MIGHT LOSE ABOUT 10 KM ON A FULL CHARGE AT -25^{0}C.

The children could be entertained at the KIA Kids Zone, where they had activities such as face painting, colouring and games.

I spent almost an entire day at the auto show and the experience was very enjoyable. I recommend it to anyone, because no matter how knowledgeable or interested you are in cars, you could simply enjoy the shiny cars and enjoy the numerous other activities.

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Not so permanent

Sometimes the ink lasts longer than the love

by Akiva Levitas

Love is a strange thing. As a 25-year-old male, I admit that statement pretty much sums up my knowledge of it. With Valentine's Day approaching, many are trying to figure out ways of expressing their love to their significant other. Each year, thousands come to tattoo artists with requests to immortalize their lover's likeness or name on their bodies with matching tattoos.

For the lucky few, love lasts as long as the tattoo. For most, however, jilted former lovers are left with a permanent and bitter reminder of a relationship gone wrong. Many consider it a jinx to imprint their partner's name; that it is tempting fate to see if the love will outlast the ink.

Quite a few celebrity relationships led to a subsequent tattoo cover-up. Singer Katy Perry and former husband comedian Russell Brand celebrated their 2010 engagement with matching inner arm tattoos. My personal favourite bad celebrity tattoo is Tom Arnold's Valentine's Day present to his then-wife Roseanne Barr by emblazoning her face right above his heart. Celebrity romance is notoriously brief but most of us have been guilty of naively believing that our passion will last forever.

Kate Middleton, owner of Tattoo Box Montreal

Everyone has regrets but tattooing a symbol of intense passion on your body is quite another thing. There are few options for removing tattoos without the scars of laser removal or covering it up with another ink job. Both options can be painful.

The owner of Tattoo Box Montreal, retired tattoo artist Kate Middleton, has had her share of jilted lovers covering up or even adding to their collection. "The scariest one I have seen done was a man who had gotten his wife's face tattooed onto his back," Middleton said. "About three months ago the guy came in and he had her face turned into a zombie. We stitched up her eyes. Stitched up her mouth. To have that much work done it must have been bad break-up."

> MY PERSONAL FAVOURITE BAD CELEBRITY TATTOO IS TOM ARNOLD'S VALENTINE'S DAY PRESENT TO HIS THEN-WIFE ROSEANNE BARR BY EMBLAZONING HER FACE RIGHT ABOVE HIS HEART.

Originally from California, love was what brought Middleton to move to Montreal in 2007 and open up the Tattoo Box. "I met her when I was 19 and moved here at 34 to be together with her," Middleton said. "We are not together anymore but we are still friendly."

However not all clients are as friendly with their ex. "A client came in recently and she had her boyfriend pay for a tattoo of a frog prince," Middleton recounted. "What he didn't know was that the frog prince was her symbol for a former lover for whom she still had feelings."

Compared with the countless names simply covered up by black squares or lines running through them, inserting a little creativity can help a person come to terms with the end of a relationship. It can even provide a little laugh. After a relationship with Winona Ryder in the 1990s ended, Johnny Depp had his "Winona Forever" tattoo altered to read, "Wino Forever".

Appel de candidatures

Forum de consultation du Commissaire à la santé et au bien-être

Le Commissaire à la santé et au bien-être est à la recherche de citoyennes et citoyens intéressés à débattre des enjeux qui touchent notre système de santé et de services sociaux pour constituer son troisième Forum de consultation.

Il s'agit d'une occasion unique de faire partie d'une instance délibérative originale, formée de 18 citoyennes et citoyens venant de chacune des régions du Québec et de 9 experts dans des domaines liés à la santé et au bien-être. Les membres du Forum de consultation seront nommés par le Commissaire en juin 2014 pour un mandat de trois ans.

Réception des candidatures

> Pour soumettre votre candidature **à titre de membre citoyen venant d'une région,** visitez le site **influencerlavenir.com** ou communiquer avec LCOM Communication au numéro sans frais **1 877 393-3178,** du lundi au vendredi, de 9 h à 17 h. Vous avez jusqu'au 21 février 2014, à minuit, pour vous inscrire en ligne ou transmettre par la poste votre formulaire d'inscription ainsi que votre curriculum vitae à l'adresse suivante : LCOM Communication, 180, boul. René-Lévesque Est, bureau 107, Montréal (Québec), H2X 1N6.

> Pour soumettre votre candidature **à titre de membre expert,** veuillez signifier votre intérêt auprès de l'organisme ou du département universitaire auquel vous êtes affilié parmi ceux mentionnés ci-après.

Procédure de sélection

La procédure de sélection a été déterminée par le Règlement sur la procédure de sélection des personnes aptes à composer le Forum de consultation, édicté en vertu de l'article 29 de la Loi sur le Commissaire à la santé et au bien-être. Selon le Règlement, le Commissaire doit constituer une liste de citoyens, pour chacune des 18 régions du Québec, et, pour l'ensemble du Québec, une liste de personnes possédant une expertise particulière liée à la santé et au bien-être.

Pour la sélection des candidats citoyens venant des régions, le Commissaire a retenu, en application du Règlement, les services d'un organisme externe, LCOM Communication. Cet organisme doit recueillir et étudier les candidatures des citoyens intéressés. Il doit proposer au Commissaire, pour chaque région du Québec, au moins trois candidats.

Toute personne qui le désire peut demander à LCOM Communication d'examiner sa candidature. Cette demande doit être transmise au plus tard le 21 février 2014, à minuit, et doit être accompagnée du formulaire d'inscription dûment rempli et du curriculum vitae du demandeur.

Les candidats doivent être citoyens canadiens, âgés de 18 ans ou plus au 1er mai 2014, domiciliés dans la région pour laquelle leur candidature est proposée et ils ne doivent pas être visés par une exclusion prévue à l'article 25 de la Loi sur le Commissaire à la santé et au bien-être.

Pour la sélection des candidats experts, le Commissaire doit consulter, en vertu du Règlement, les universités et les organismes suivants afin qu'ils lui proposent chacun au plus trois candidats, pour procéder xà la nomination de :

- une ou un médecin, après consultation du Collège des médecins du Québec ;
- une infirmière ou un infirmier, après consultation de l'Ordre des infirmières et infirmiers du Québec ;
- une travailleuse ou un travailleur social, après consultation de l'Ordre professionnel des travailleurs sociaux et des thérapeutes conjugaux et familiaux du Québec ;
- une personne possédant une expertise en évaluation des technologies de la santé et des médicaments, après consultation de l'Institut national d'excellence en santé et en services sociaux ;
- une personne possédant une expertise en éthique, après consultation des universités qui dispensent des programmes de formation en philosophie ou en éthique et des associations d'établissements qui comptent parmi leurs membres un ou plusieurs établissements dotés d'un comité d'éthique de la recherche ou d'un comité d'éthique clinique ;
- une ou un chercheur en santé, après consultation des universités qui dispensent des programmes de recherche en santé ;
- une ou un gestionnaire en santé et en services sociaux, après consultation de l'Association québécoise d'établissements de santé et de services sociaux ;
- deux personnes venant de secteurs d'activité ayant un lien avec la santé ou le bien-être, après consultation des organismes les plus représentatifs de ces secteurs, notamment l'éducation, l'économie, l'environnement et le secteur du travail.

Les propositions doivent être faites par le conseil d'administration ou le Bureau de l'organisme ou, dans le cas d'une université, par la direction du département universitaire concerné. Elles doivent être accompagnées du curriculum vitæ et d'une lettre de motivation du demandeur et transmise au Commissaire d'ici le 21 mars 2014.

Visitez le site influencerlavenir.com pour de plus amples renseignements.

Le Commissaire à la santé et au bien-être ne reçoit aucune candidature directement.

Québec

UNDER THE NORTHERN SKY

A mouth full of problems

by Xavier Kataquapit

I had to deal with a tooth pain recently so I looked up a local dentist and made an appointment. Like most people, I dread going to see the dentist.

Thankfully, my original problem was not too far advanced. After my initial examination, however, the dentist realized that I had better schedule myself in for basic teeth cleaning and a further examination.

I am a terrible dental patient and it had been several years since my last check up. I had wrongly assumed that by brushing regularly and occasionally flossing my teeth, this would be enough to maintain my oral health. Thankfully during this visit to my dentist I was given a good education on tooth care. I discovered that it was not merely my white teeth I had to worry about. The condition of the soft pink gums that hold everything together is equally important.

The doctor used the analogy that a tooth is similar to a fence post resting on hardened and packed earth. The gums of the mouth act as the earth surrounding the post. When the gums become affected by the brown solid build-up around the base of the tooth, this is actually bacteria that causes weakness. Slowly this weakening drifts deeper and deeper into the gum until it reaches the base of the tooth. At this point, serious problems start to occur with a person's oral health. As the bacteria move down the tooth, it is no longer being held on solid ground. To continue the analogy, the fence post is now being held by soft earth and the wooden pole is loses support and begins to move around. If this condition is not caught in the early stages then it can lead to tooth loss.

Everyone has a bit of a phobia when it comes to seeing the dentist, especially First Nation people from remote communities. For most First Nations there is no local dentist. We have to rely on visiting dentist tours. Most of my visits to the dentist when I was a child were intense to say the least. Due to the fact that we had never had the convenience of a dentist in the community we only received care occasionally and mostly in a situation that was critical. I don't remember getting any kind of education on preventative maintenance or how important teeth are to health. We all saw dentists in more-or-less last resort emergency situations that always produced pain. In fact, the Cree word for dentist is Kah-mee-nah-pee-teh-pee-chee-keh-t, "the one who pulls teeth out."

As children, we grew up with an older generation that never fully understood how to maintain good oral health. Our parents and grandparents subsisted on wild food with very few processed foods or sugars in their diet. This meant that most of my Elders had fairly healthy teeth for much of their lives.

The arrival of the Europeans changed our diet with the introduction of new foods including sugar. More processed foods and sugar made it into our regular diet. As a child, I can remember craving hard candies, chips, pop and chocolate bars. I often begged my parents for these treats. Fortunately, our family was not always able to afford these luxuries and most of the time I had to go without. However, the added sugar in my diet and poor tooth care on my part meant that by the time I became a teenager any visits I had to the dentist resulted in tooth pulling and fillings.

When the dentist visited, our people lined up with all types of dire tooth problems. To be fair most of the time people were treated according to the degree of their dental needs. The worst affected were the ones treated first. I can remember sitting for hours in the waiting room surrounded by many other anxious community members. Appointments always ran late and we had to endure moaning and sometimes screaming patients as we waited our turn.

By the time I made it to the big reclining dentist's chair I was a nervous mess and ready to scream at the slightest touch of any instrument in my mouth. Then things went very rapidly and the next thing you know I was on my way home with tears in my eyes and a numb tongue. The fact that an expert who was educated in tooth care had helped me out was lost on me.

Thanks to Dr. Vos and his team of professionals in Brantford, Ontario, I now have a better idea of what I must do to maintain my teeth and in general I feel better about visiting the dentist office. When I am in the south I find it very easy to receive dental care and I can choose from so many doctors. However, I am saddened that dental care is still not available to most remote First Nations in the north on a fulltime basis. There is no doubt that my people suffer because they don't have easy access to dental care. One thing for sure is that I intend to take better care of my teeth and to see my dentist regularly. I want to live a long life with a good bite.

CLASSIFIEDS

PUBLIC SERVICE ANNOUNCEMENTS

Meetings in Mistissini: Alcoholics Anonymous, Tuesday's Hope Meeting, are at 7PM at the Mamou-Wechidodow Building Amisk Street. **Alanon Meetings** are on Tuesdays as well at 7PM at the Mamou-Wechidodow Building Amisk Street. **Alateen Meetings** are on Mondays at 3:30PM at the Reception Centre 282 Main Street. These meetings are all open meetings.

TD Scholarships for Community Leadership - Apply today! Applications available at Your high school or CEGEP (in Quebec) Online at www.td.com/scholarship or Call 1-800-308-8306 TTY (Text telephone) 1-800-361-1180

Cultural Manual for Foster and Adoptive parents of Aboriginal Children, launched at the last Gathering of the NETWORK on October 3... CHECK IT OUT! www.reseaumtl-network.com/eng/Portals/5/Cultural%20Manual.pdf

The Aviva Community Fund is Canada's longest running online community competition. With over $2.5 million dollars given away to date, the Aviva Community Fund is making a difference in communities across the country. Submit your idea for positive change and have a chance at sharing in this year's $1 million Aviva Community Fund.

For more info go to http://www.avivacommunityfund.org/

Kid's Help Phone Line:
1-800-668-6868
(www.kidshelpphone.ca)

Youth Helpline: 1-800-263-2266 (www.teljeunes.com)

Parents' Helpline: 1-800-361-5085
(www.parenthelpline.ca)

Missing Children's Network: They'll help you find kids who have run away or disappeared.
514-843-4333
(www.enfant-retourquebec.ca)

Drug Addiction help and reference: 1-800-265-2626
(www.drogue-aidereference.qc.ca)

Gambling Addiction help and reference: 1-800-265-2626
(www.info-reference.qc.ca)

S.O.S. Conjugal Violence:
1-800-363-9010
(www.sosviolenceconjugale.com)

Health and Sexuality Resources Center: 1-888-855-7432 (Monday to Friday, 9am to 5pm) (www.criss.org)

Gay Helpline: 1-888-505-1010 (Monday to Friday, 8 am to 3 am and Saturday-Sunday, 11 am to 3 am)

The Native Women's Shelter of Montreal: 1-866-403-4688 (www.nwsm.info)

Suicide Action Québec:
1-866-277-3553
(www.suicide-quebec.net)

Residential School Survivors: A 24 hour toll-free crisis line is available to provide immediate emotional assistance and can be reached 24-hours a day, seven days a week: 1-866-925-4419. Other support services and information for survivors is available on the AFN website at: www.afn.ca/residentialschools/resources

Concordia University, Montreal:

The Centre for Native Education has changed its name to the Aboriginal Student Resource Centre (ASRC). The new name is inclusive of the First Nations, Inuit and Métis students the centre serves and recognizes its role as a resource for the Concordia community. For any further details contact: aboriginalcentre@concordia.ca or 514-848-2424 ext. 7327.

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